

VA Diabetes Prevention Program

VA DPP

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Funding Sources:

Operations (NCP)
QUERI RRP
QUERI SDP
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Implementation sites:

Baltimore VA Medical Center
VA Greater Los Angeles
Healthcare System
Minneapolis VA Healthcare System
Milwaukee VA Medical Center*

Project Background:

Type 2 diabetes is a preventable disease. Multiple large scale randomized controlled trials have shown that in people with impaired glucose tolerance, type 2 diabetes can be prevented with lifestyle interventions that emphasize diet, exercise and weight loss. The Diabetes Prevention Program (DPP) study showed that lifestyle interventions can reduce the incidence of type 2 diabetes by 58% in patients with pre-diabetes. Little is known about the incidence of pre-diabetes in the VA because routine screening for pre-diabetes is not an established practice in the VA. With a few exceptions, lifestyle modification interventions that target individuals with pre-diabetes and follow the DPP curriculum are not available to Veterans in the VA. In order to address these gaps, the National Center for Health Promotion and Disease Prevention (NCP) has funded a VA Diabetes Prevention Program Demonstration Project (VA DPP) at 3 VA Medical Centers (Baltimore, Minneapolis, and Greater Los Angeles). NCP has requested assistance from our research team to conduct a more extensive implementation focused evaluation of the VA DPP.

Project Objectives:

The NCP funded VA DPP is a clinical program designed to demonstrate the feasibility of implementing a group format diabetes prevention program in the VA. In partnership with NCP we have developed an evaluation component to specifically evaluate three additional critical issues that will inform future DPP implementation in the VA: 1) testing of an implementation strategy and identification of implementation barriers and facilitators at the three clinical demonstration sites, 2) testing for mediation of intervention effect on weight loss by constructs that are addressed differently in VA MOVE! and the VA DPP including group cohesion, intervention intensity, outcome expectations, goal awareness and commitment, and self-regulation skills, 3) a cost-effectiveness and budget impact analysis for future national VA DPP implementation. An additional research component was recently added to include an online DPP program. The objective is to evaluate whether there are differences in outcomes between pre-diabetic patients in the online arm compared to the in-person VA DPP and those in MOVE!. The addition of an online component addresses barriers that some Veterans may face, including geographic barriers to preventive services and outreach to women Veterans who often face additional barriers to participation in group based preventive services in the VA. This component includes female Veterans from the Milwaukee VA Medical Center.

Study Design:

Three demonstration sites will enroll Veterans with pre-diabetes who are referred to the VA MOVE! program into either the traditional VA MOVE! program or the VA DPP lifestyle intervention using a systematic sampling frame. 120 Veterans will be enrolled into the DPP program at each of the sites for a total of 360. An equal number of Veterans with pre-diabetes will be recruited and enrolled into the MOVE! comparison arm for a total of 720. All eligible Veterans will be assigned to either the DPP program or the MOVE! comparison group and will be invited to participate in the research component of the program. For the research component, participants will complete a baseline survey, follow-up surveys, and interviews. Additional data will be collected from medical records to evaluate health outcomes and conduct cost effectiveness analyses. 240 Veterans from the three demonstration sites and the additional sites added for the online arm (Milwaukee VA Medical Center) will be invited to participate in an online version of the DPP. Weight data will be collected from participants and they will also be asked to complete questionnaires at baseline and 12 months (the end of the program). Some may be selected for a more in-depth interview about their experiences.

Potential Impact on Veterans Health:

Implementation of the VA DPP has the potential to improve health outcomes for Veterans by delaying or preventing the onset of diabetes while simultaneously decreasing costs for the health system. The research component of the VA DPP will contribute to our knowledge about the incidence of pre-diabetes in Veterans, Veteran attitudes and beliefs about diet, exercise and weight loss, and how different programs may impact weight loss in Veterans.



Partner: VA National Center for Health Promotion and Disease Prevention (NCP)